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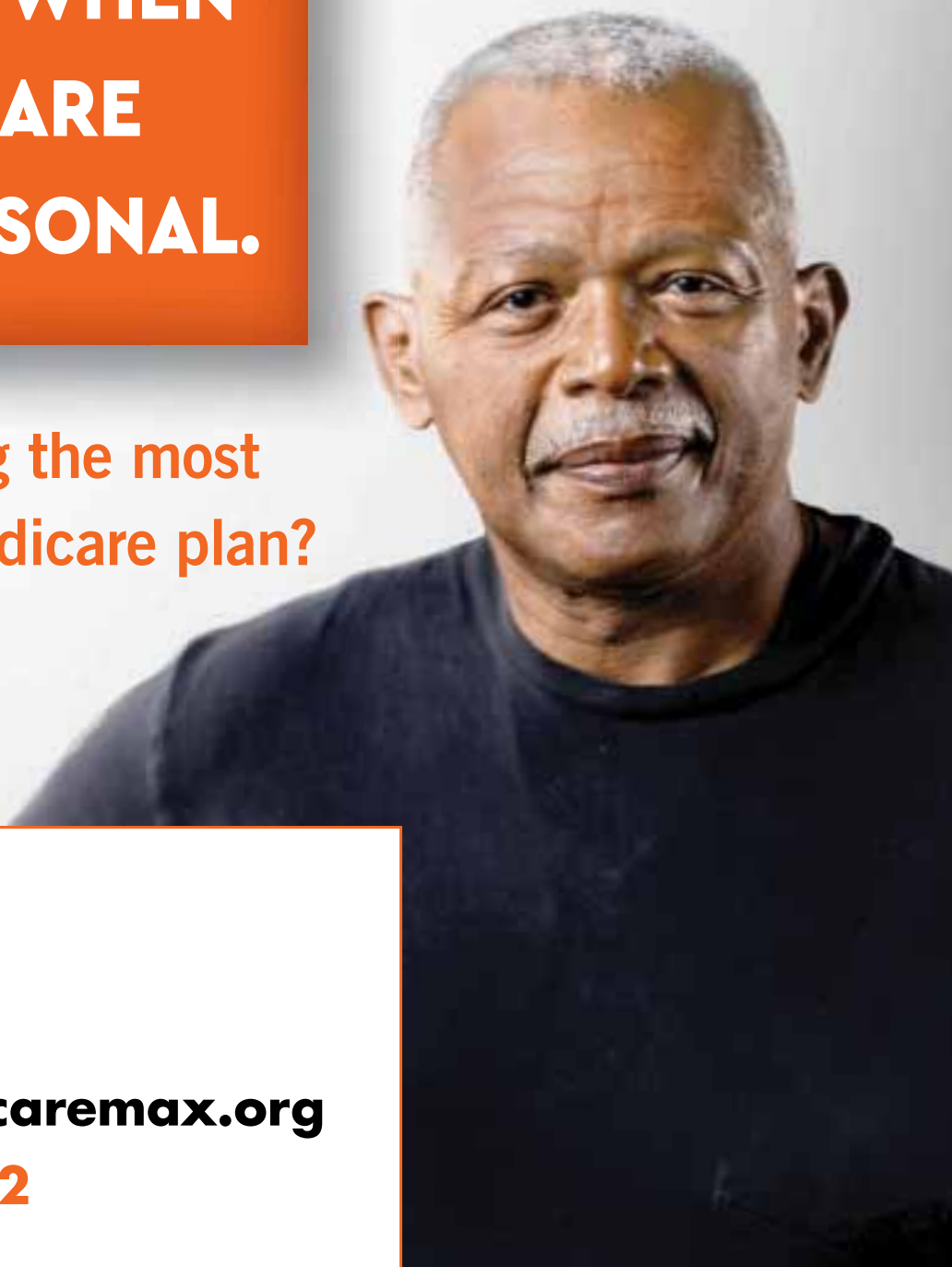
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THINGS TO KNOW



ANNA HÅRSTEDT, STAFF WRITER

New Yorkers are known for working long hours and, according to experts, it's making us gain weight. After a long day of work, when you're tired and hungry, it's easy to buy some fast food on the way home instead of cooking. For many New Yorkers, this comfortable but unhealthy behavior has become a habit. A new study shows that one in four New Yorkers is obese, and that number is growing.

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BERNARDO BERTOLUCCI, OF "LAST TANGO" FAME, DIES

Italian director Bernardo Bertolucci, whose 1972 movie "Last Tango in Paris" shocked audiences with a notorious sex scene that came back to haunt him in his later years, died on Monday. Bertolucci, 77, died at his home in Rome after a long illness, his publicist said. He had been in bad health for years and confined to a wheelchair since the early 2000s following a back operation. "Last Tango," which starred Marlon Brando, was banned in several countries, including Italy, where it was not released for viewing until early 1987. It won Bertolucci an Oscar

nomination and burnished his international reputation, but his follow-up, "1900," a five-hour historical epic starring Robert De Niro, Gerard Depardieu, Donald Sutherland and Burt Lancaster, marked the start of a lengthy period of commercial flops. He burst back with "The Last Emperor" in 1987, shot by his longtime cinematographer Vittorio Storaro, which took all nine Oscars for which it was nominated, reasserting Bertolucci's position as a filmmaker with a distinct vision. Born in Parma in central Italy, Bertolucci was the son of poet and film critic Attilio Bertolucci.

GM TO SLASH JOBS, PRODUCTION; TRUMP OBJECTS

General Motors Co. said on Monday it will cut production of slow-selling models and slash its North American workforce because of a declining market for traditional gas-powered sedans, shifting more investment to electric and autonomous vehicles. GM's actions add up to the biggest restructuring for the U.S. No. 1 carmaker since its bankruptcy a decade ago, and mark a turning point for the North American auto industry. U.S. automakers have enjoyed nearly a decade of prosperity since the 2008-2009 financial crisis and the government

bailouts of GM and the former Chrysler Corp. GM's announcement immediately drew criticism from U.S. President Donald Trump, highlighting the political risks facing GM. He demanded the automaker find a new vehicle to build in Ohio and added that he had told GM Chief Executive Mary Barra he was unhappy with her decision to cut production at an Ohio factory. Ohio will be a key state in the 2020 presidential campaign. "They better put something else in," Trump, who has pushed for more manufacturing jobs throughout his almost two years in office, said.

PROTESTERS IN NEW YORK CITY HOLD 'DAY OF ACTION' AGAINST AMAZON HQ2

3 People opposed to Amazon's plan to locate one of two new North American headquarters, dubbed HQ2, in New York City hold a protest inside an Amazon bookstore on 34th Street on Nov. 26, 2018, in Manhattan in New York City.



GETTY IMAGES

'EL CHAPO' OVERSAW SHIPMENTS, BRIBES: WITNESS

4 Joaquin "El Chapo" Guzman was "the boss" of Mexico's Sinaloa cartel, a witness told jurors in the accused Mexican drug lord's trial in Brooklyn federal court on Monday, contradicting the claim by Guzman's lawyers that his dominance of the drug trade was a myth. Miguel Angel Martinez, who described himself as a former manager in the cartel, took the witness stand on the sixth day of Guzman's drug trafficking trial, testifying under an agreement to cooperate with prosecutors. For his safety, court sketch artists were ordered not to draw an accurate likeness of

him. "I knew that he was the boss," Martinez said when a prosecutor, Assistant U.S. Attorney Michael Robotti, asked him about Guzman's role in the organization. "Since I met him, he would give all of us orders." Guzman, 61, was extradited from Mexico in January 2017 and faces life in prison if convicted. His lawyers are seeking to prove that another drug lord, Ismael "El Mayo" Zambada, actually ran the cartel and used Guzman as a scapegoat. Martinez said he began working for Guzman as a pilot and as a guide to other pilots on drug flights in 1987.

UKRAINE BACKS MARTIAL LAW AFTER RUSSIAN CLASH

5 Ukraine on Monday imposed martial law for 30 days in parts of the country most vulnerable to an attack from Russia after President Petro Poroshenko warned of the "extremely serious" threat of a land invasion. Poroshenko said martial law was necessary to bolster Ukraine's defenses after Russia seized three Ukrainian naval ships and took their crew prisoner at the weekend. U.S. President Donald Trump said he did not like what was happening between Russia and Ukraine and was working with European leaders on the situation. U.S. Secretary

of State Mike Pompeo called Russia's seizure of the Ukrainian vessels "a dangerous escalation and a violation of international law" and called for restraint from both countries. "The United States condemns this aggressive Russian action. We call on Russia to return to Ukraine its vessels and detained crew members, and to respect Ukraine's sovereignty and territorial integrity," Pompeo said in a statement. The Ukrainian parliament approved the introduction of martial law after Poroshenko reassured lawmakers that it would not be used to curb civil liberties or delay elections.

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NEWS

A look at why one in four New Yorkers is obese

More than 70 percent of adult Americans are overweight or obese — how are New Yorkers affected by the national health crisis?



ANNA HARSTEDT
letters@metro.us

The Big Apple is getting bigger, literally, as obesity levels among New York City residents has nearly tripled since 1999, according to the Centers for Disease Control and Prevention (CDC).

One in four New Yorkers is battling the bulge, according to the CDC. A body mass index (BMI) between 25-30 is classified as overweight, while a BMI above 30 is obese.



"New York is the state where people work the longest hours, and research shows that New Yorkers are very often stressed and lack sleep, which contributes to obesity," said Walter Willett, chair of the Department of Nutrition at the Harvard School of Public Health. "The society in New

York City is structured around productivity and long work hours, which lead to unbalanced lives and often unhealthy lifestyles," he added.

Besides a stressful lifestyle, Willett explains that a part of the growing obesity rate is connected with lower incomes and education, which result in pur-



ALL ISTOCK IMAGES

chases of cheap foods that are high in refined starch and sugar.

"Cheap and unhealthy foods mixed with a sedentary lifestyle have made obesity the new normal in New York, which makes it hard to make a change," Willett said.

The key is to create a healthy lifestyle that

includes physical activity and food with fewer calories.

"Some healthy-eating tips that are affordable are to include the five food groups, especially focusing on whole grains, legumes, fruits and vegetables in main meals of the day," Arpita Basu, professor of nutrition sciences at the

University of Nevada, said. "In addition, eating in a relaxed mood while sitting down, not eating while watching TV, and eating with someone or family will make eating a healthy experience," she added. Basu said that each of us needs to become an advocate for a healthier way of life.

"Adults can start by teaching our youngsters about good dietary habits, by insisting on a better balance in the workplace, and by demanding more accountability from the food and health industries, and our government," Basu said.

"It took us many, many years to get as fat as we are as a nation, and it's going to take us a similar number of years, or certainly a lot of effort, to reverse that trend."

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NASA's "Curiosity" Mars rover snaps a selfie at a site called Vera Rubin Ridge on the Martian surface.

NASA's latest Mars craft lands for unprecedented seismic mission

InSight ends a 300-million-mile journey and begins its two-year mission to explore the deep interior of another world.

that the spacecraft had survived its perilous descent to the Martian surface.

The landing capped a six-month journey of 301 million miles (548 million km) from Earth, following its launch from California in May.

NASA's Mars lander InSight touched down safely on the surface of the Red Planet on Monday to begin its two-year mission as the first spacecraft designed to explore the deep interior of another world.

Engineers at the Jet Propulsion Laboratory (JPL) near Los Angeles said the successful landing was confirmed by signals relayed to Earth from one of two miniature satellites that were launched along with InSight and flying past Mars when it arrived shortly before 3 p.m. EST.

Members of the mission control team burst into applause and cheered in relief as they received data showing

12.3K MPH

Carrying instruments that detect planetary heat and seismic rumblings never measured anywhere else but Earth, the stationary lander streaked into the thin Martian atmosphere at 12,300 miles (19,795 km) per hour.

Carrying instruments that detect planetary heat and seismic rumblings never measured anywhere else but Earth, the stationary lander streaked into the thin



NASA's "Curiosity" Mars rover. ALL REUTERS IMAGES

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The mission control team at NASA's Jet Propulsion Laboratory (JPL) reacts as the spaceship InSight lands on Mars, in Pasadena, California, on Monday.

Martian atmosphere at 12,300 miles (19,795 km) per hour.

Its 77-mile descent was then slowed by atmospheric friction, a giant parachute and retro rockets, bringing the three-legged spacecraft to a gentle landing 6.5 minutes later. InSight came to rest as planned in the middle of a vast, barren plain called the Elysium Planitia, close to the planet's equator.

InSight will spend 24 months — about one Martian year — taking seismic and temperature readings to unlock mysteries about how Mars formed and, by extension, the origins of the Earth and other rocky planets of the inner solar system.

The stationary probe

is programmed to pause for 16 minutes for the dust to settle, literally, around its landing site, before disc-shaped solar panels are unfurled like wings to provide power to the spacecraft.

Minutes after the landing, JPL controllers received a fuzzy photograph of the probe's new surroundings on Martian soil.

The 880-pound (360 kg) InSight — its name is short for Interior Exploration Using Seismic Investigations, Geodesy and Heat Transport — marks the 21st U.S.-launched Mars mission, dating back to the Mariner fly-bys of the 1960s. Nearly two dozen other Mars missions have been sent from other nations.

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James Bridenstine of NASA speaks after the landing of spacecraft InSight on the surface of Mars, in Pasadena.

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Most dangerous NYC subway stations, according to crime stats

Crime data from 2017 puts two of the top five most dangerous stations on 42nd Street in Manhattan.



KRISTIN TOUSSAINT
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Straphangers know that anything can happen on the New York City subway,

and unfortunately, that can include an array of crimes. But some subway stations are more dangerous than others, according to a recent report.

The Auto Insurance Center looked at publicly

available 2017 crime data to see which New York City subway stations were home to the most criminal activity.

The report looks at subway crime inside and outside of the turnstiles.

The report includes criminal activity within 100 feet of each subway stop, to make sure crimes affecting those entering or exiting stations were counted, as well as data on crimes that occurred within a public transportation station.

When it comes to crimes around New York City subway stations, Atlantic Ave-Barclays Center is the most dangerous area, with 334 crimes reported within a 100-foot radius of the stop's 2, 3, 4 and 5 lines. No crimes actually took place within the subway station itself, though, according to the report.

But some New York City subway stations do see a lot of crime once inside the turnstiles. Data shows that 330 crimes occurred at 42nd St-Port Authority Bus Terminal, 275 of which happened inside the stop.

Those crimes may be mostly within the Port Authority bus station, rather than the subway area, per the report, but data doesn't specify where exactly within a transportation hub the offenses happened.

At 3rd Ave-149th St, there were 311 total crimes, according to 2017 data, with 207 of those occurring inside the Bronx subway station.

Times Square-42nd Street came in fourth for overall crime, but second in terms of crimes around the station rather than in-

side. That subway stop was home to 262 crimes total, with fewer than 50 crimes actually occurring within the station walls.

334

The most crimes were reported within 100 feet of Atlantic Ave-Barclays Ctr.

Rounding out the top five New York City subway stations for crime was Jay St-MetroTech, which saw 269 crimes, 207 of which happened inside the Brooklyn stop.

What sort of crimes are people committing inside these New York City subway stations? Grand larceny comes in at No. 1, according to the report, with 1,621 instances within the New York City subway in 2017. That also accounts for 13.6 percent of all New York City crime that year.

Criminal mischief comes in second with 1,431 such instances in 2017, followed by forgery with 1,337 offenses.

Assault and related offenses were also frequent, with 1,243 reports within the subway in 2017, as was harassment, which accounted for 1,003 crimes.

While overall crime in New York City is down, transit crime has actually seen a bit of an increase this year, according to NYPD data.

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Vehicle strikes seven pedestrians in New York City, one killed

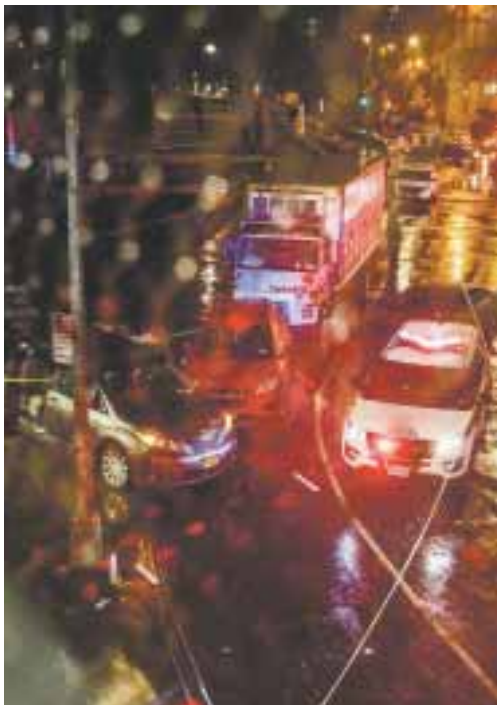
A vehicle struck seven pedestrians on Monday in New York City, including one person who died, officials said.

It was not immediately clear whether the driver, who was reversing the vehicle at high speed, intended to hit the pedestrians, New York police spokeswoman Jessica McRorie said.

"It's still an ongoing investigation. We'll have additional information later," McRorie said.

The driver did not try to leave the area of the incident on the Lower East Side of Manhattan, McRorie said.

One pedestrian was declared dead at the scene and six others were hospitalized, officials said. REUTERS



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Alec Baldwin pleads not guilty to assault and harassment charges

Known for his acting roles as well as his temper, Baldwin admits that he pushed a man during a street parking dispute but denies assault.



ANNA HARSTEDT
letters@metro.us



GETTY IMAGES

Alec Baldwin pleaded not guilty to charges he punched a man in the face over a parking spot in the West Village in Manhattan Criminal Court on Monday.

Baldwin was arrested on Nov. 2 after NYPD was told a driver had pulled into a Manhattan parking space that one of Baldwin's relatives was holding for him, and the two men began quarreling and pushing each other.

Baldwin took to social media following his ar-

rest, claiming that reports of the episode were "egregiously misstated."

He now faces a misdemeanor charge of third-degree attempted assault, along with a second-degree harassment violation.

The actor's lawyer, Alan Abrahamson, told the judge that video evidence will prove the charges against Baldwin wrong.

"There is incontrovertible video evidence that has been turned over to the District Attorney's office that proves beyond all doubt that Mr. Baldwin

never punched anyone," Abrahamson said.

"Mr. Baldwin did not commit any crime and we are confident that once this matter is fully investigated it will be resolved swiftly and appropriately in court."

Baldwin admitted to police that he got into a fight with the rival driver.

"He's an a-hole. He stole my spot," he told responding officers, according to court papers. "I did push him."

The actor arrived at court solo, dressed in a casual purple shirt, and stayed quiet the whole hour, NBC reports. In the court, he entered a plea of not guilty on all charges.

The alleged victim, whose name has not been released, told police that an enraged Baldwin did more than just push him.

Baldwin is due back in court on Jan. 23.



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Cyber Monday on track for US online shopping record

Cyber Monday was on track to bring in a record \$7.8 billion in U.S. online sales, as millions of shoppers scoured for steep discounts on everything from Lego sets to big-screen TVs.

The marketing event was expected to pick up steam Monday evening as West Coast shoppers nab deals after work and those on the East Coast make purchases before bedtime, according to Adobe Analytics, which measures transactions from 80 of the top 100 U.S. retailers.

"Many shoppers have waited on certain purchases, with three hours tonight expected to bring in as much revenue as an average full day," said Taylor Schreiner, director of Adobe Digital Insights.

Target Corp. and Amazon.com Inc. were pulling out all the stops, offering free delivery with no minimum order requirement and bombarding shoppers with promotional emails.



GETTY IMAGES

Companies had logged \$531 million in sales as of 10 a.m. ET, Adobe Analytics found.

On Wall Street, investors showed their enthusiasm. Shares of Amazon closed up 5 percent. Macy's Inc., Kohls Corp. and Target shares rose as well.

In another estimate, Mastercard SpendingPulse forecast a 25 percent jump in e-commerce sales to at least \$3 billion, based on sales via the Mastercard payments network and estimates for other payment forms such as cash and check.

These U.S. forecasts

still paled in comparison to Alibaba Group Holding Ltd.'s "Singles Day" earlier this month, when the Chinese e-commerce giant raked in \$30.7 billion in sales.

Some industry observers saw a downside to the U.S. shopping frenzy.

Bob Phibbs, chief executive of New York-based consultancy The Retail Doctor, warned of potential store closures if brick-and-mortar players discounted items too heavily this holiday season.

"Online discounts and free shipping are significantly cutting into retailers' profits," he said. "Retailers are just spending money in the hopes that they don't lose too much more."

Toys were expected to have the biggest discounts, Adobe Analytics said, as retailers rush to fill the void left by the bankruptcy of top U.S. toy retailer Toys 'R' Us.

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How to save \$500

Here's a hint: Skipping your daily coffee isn't going to cut it.



NerdWallet is a personal finance website.

Little luxuries are a popular punching bag for financial gurus, but they're usually not what really keeps you from reaching financial goals. Instead of eliminating lattes to save that first \$500 — and beyond — try changing your mindset.

Why \$500? It can be a solid start to building an emergency fund. It might not seem like much, but that amount can keep a car repair or an unexpected medical

expense from going on your credit card.

NerdWallet gathered perspectives from a financial planner, a blogger and a writer and strategist on how to get started.

Change the way you

think about saving

It's tough to save when that means saying no to things you want (or could really, really use).

"Most people tend not to save because they feel like it means delaying gratification or sacrificing something now for some future benefit, and that's really hard for anyone to do," says Eric Roberge, certified financial planner and founder of Beyond Your Hammock, a Boston-based financial planning firm.

Roberge suggests a perspective shift. "Stop looking at it as savings. Start looking at

it as purchasing more freedom, flexibility and choice for yourself in your life," he says. "The more you save, the more freedom you buy to use in your life when you want to leverage it."

While \$500 is a smaller goal, it's also specific, which Roberge says is helpful. "If you just say you want 'more money,' then you'll never have enough," he says. "That's a moving goal post."

'Grow the gap'

Financial blogger Paula Pant started seriously saving while earning \$21,000 as a newspaper reporter. Back then, Pant, the founder of AffordAnything.com, didn't have many places to economize. "At a certain point," she says, "especially if you're lower-income, you just can't cut any further."

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*These rates are effective through November 30, 2018. \$100,000 minimum deposit to earn the advertised 2.16% Annual Percentage Yield (APY). \$50,000 minimum deposit to earn the advertised 1.94% APY. **Treasury Bill Indexed Money Market rate is based on an index calculated by taking the rate of the closing "asked" discount basis of the 30-day Treasury Bill as quoted and published in *The Wall Street Journal* on the last business day of the prior month as set forth below. If there are no exact Treasury Bills with a 30-day maturity, then the "asked" rate used shall be for Treasury Bills with a maturity date closest to, but not to exceed 30 days. These new APYs will then take effect on the first calendar day of each subsequent month and will remain in effect through each subsequent month-end. Balances of \$25,000 to \$49,999 earn an APY of 1.40%, which is 65% of the indexed rate, balances of \$50,000 to \$99,999 earn an APY of 1.94%, which is 90% of the indexed rate, and balances of \$100,000 or more earn an APY of 2.16%, which is 100% of the indexed rate. There is no interest paid on deposits under \$25,000. \$10,000 minimum deposit is required to open this account. A monthly service fee of \$10.00 will be charged each month at the end of the statement cycle if the account balance falls below \$10,000 on any day of the month. Fees may reduce earnings and principal if the account balance falls below \$10,000 on any day during the statement cycle. Please see disclosure for other terms and conditions. This offer may be withdrawn without prior notice.



Pant turned to freelance writing. She used the money to travel and, eventually, buy real estate and quit her 9-to-5.

Writing — or freelancing — might not be your thing, but there are other ways to make money alongside a full-time job. You can dogsit for Rover.com, for example, or rent out your car when

you're not using it with Getaround.

Or maybe there are ways you can cut back on spending. If so, Pant suggests focusing on three main areas: housing, transportation and food.

"It's easy to point the finger at things like getting a manicure," she says. "But the reality is that if you get a manicure once a

month and it costs \$20, I can tell you exactly how much you'll save." For real savings, she says, keep the manicures and downsize your home: "You'll save a lot more money."

Either way, you'll want to increase the difference between what you earn and what you spend — or "grow the gap," as Pant says. **ALICE HOLBROOK**



Pain on the inner side of your knee?

If you struggle with pain or aching in your knee, you may have **osteoarthritis (OA)** - a common condition that causes knee cartilage to "wear away" over time, leading to painful bone-on-bone contact.

Doctors **Hospital for Special Surgery in Manhattan** are accepting participants for a new clinical research study. The study is for the **Calypso Knee System** - an investigational device designed to relieve knee pain, while preserving your joint's natural motion.

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2018 WellCare® COMMUNITY HEROES AWARDS

Beyond Healthcare. A Better You.

The 2018 WellCare Community Heroes awards are based on nominations received from Brooklyn, Bronx, Manhattan, and Queens. WellCare's Community Connections sponsor the Community Heroes award program to recognize unsung heroes in our communities. The awards honor community members and healthcare professionals who take action to improve our communities.



Rocio Garcia, Maxine Ketcher, (center) joined by WellCare Associates

For six years, **Rocio Garcia** has helped transform the Soundview Community Partnership Program through activities like the annual women's empowerment event, Father's Day BBQ and a back-to-school event to help disenfranchised children prepare for a new school year. She is also a domestic violence advocate with Violence Intervention Program, Inc. in the Bronx.



Honoree: Steven Ritz, (center) joined by WellCare Associates

Stephen Ritz is the founder of Green Bronx Machine, which pioneered the use of indoor, urban agriculture in the South Bronx. Through his work, Ritz founded the first edible classroom in America, which regularly feeds 450 students. His indoor and outdoor farms across the community provide food, workforce development and community access, while transforming culture and academic performance in schools.

About WellCare Health Plans, Inc. Headquartered in Tampa, Fla., WellCare Health Plans, Inc. (NYSE: WCG) focuses primarily on providing government-sponsored managed care services to families, children, seniors and individuals with complex medical needs primarily through Medicaid, Medicare Advantage and Medicare Prescription Drug Plans, as well as individuals in the Health Insurance Marketplace. WellCare serves approximately 5.5 million members nationwide as of September 30, 2018. For more information about WellCare, please visit the company's website at www.wellcare.com.



www.wellcare.com



Honoree: Jessica Chacha, Sapthagiri Iyengarcenter) joined by WellCare Associates

For 10 years, **Jessica Chacha** has worked to bring greater community resources to families in northwest Queens. As co-founder of the Together We Can Community Resource Center, Inc., she has held resource fairs, events and workshops, with a focus on supporting immigrant families and closing gaps to bring resources to those in need.



Honoree: Michelle Hodges (Left), **Camara Jackson** (3rd from Left), joined by WellCare Associates

Camera Jackson is the founder of Elite Learners, a school- and community-based organization providing athletic, educational and mentorship programming to youth and their families. Through her work, she manages an athletic program, a mentoring program for young men and women, and a program for foster children transitioning out of foster care.



Honoree: Joseph Corace, Meagan Hallworth, (center) joined by WellCare Associates

For the past three decades, **Joseph Corace** has been serving his community, through Kiwanis. Corace joined Kiwanis in 1984, and is a charter member of the Mapleton Kiwanis Club, serves as the club's president. He also serves on the board of VISIONS/ Services for the Blind and Visually Impaired and has been active in the Brooklyn School for Special Children, the Coney Island Sharks Football Association and the Rory Sparrow Foundation.



Honoree: Nakiyia Jada Hawthorne, Mitch Case (center) joined by WellCare Associates

Nakiyia "Jada" Hawthorne – After battling her own substance abuse challenges, Jada Hawthorne sought out the Alliance for Positive Change for support with her addiction. Since then, she has made it her mission to help others. Today, as a client liaison with the alliance, she is the first person program participants meet when they walk in the door, and she greets them with enthusiasm and compassion.



Pat King
Grumble Editor

READER WRITE-INS:

SOME SIMPLE RULES TO MAKE THE SUBWAY LESS HORRIBLE

Commuting is already a disaster as is. We don't need RUDE people to make it worse. Here are some simple rules to make commuting less miserable.

1 Always wait for passengers to get off before trying to stuff yourself in.

2 Always say "Excuse me" when trying to get by, or if you're getting off the train last-minute and need to run off.

3 NEVER PUT YOUR HANDS ON A STRANGER AND PUSH THEM OUT OF YOUR WAY BECAUSE YOU DECIDED TO GET OFF LAST-MINUTE, AND THEN CALL THEM "CLASSLESS."

4 Classy people keep their hands to themselves!!
—Melissa, Metro US reader

FOOLS RUNNING ON ESCALATORS

What's up with the fools who want to run up or down the escalator stairs. If you're in such a hurry, your butt should have taken the stairs that are in plain view. My answer to this day is still hell no, I ain't moving over!!! Stop asking!
—Hammer Johnson, Metro US reader

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GO THE EXTRA MILE ON 'GIVING TUESDAY'

Listen, everyone likes a good deal, and you probably saved hundreds on items over the past weekend with the Black Friday and Cyber Monday coupons out there on the internet. But while you were out there shopping for Christmas low prices on gifts and outfitting your wardrobe for the foreseeable future, some of those out there could use a helping hand. That's why, in line with these post-Thanksgiving traditions, we now celebrate what is

known as "Giving Tuesday." Today, GoFundMe will be centralizing a list of places where you can donate to make a difference such as toys for foster kids, blankets for the homeless, care packages for troops, and food for the hungry. Head over to gofundme.com/cause/2018-holiday-drives to see how you can help.

Remember to send us your "Humbles" to humble@metro.us and we will publish them in this space every day.



metro.us/horoscopes



Aries A change of plans will turn out to be to your benefit. Pay close attention to detail when dealing with matters concerning personal finances or handling someone else's affairs.



Taurus Listen and be supportive. Being accommodating now will position you well when something comes along that requires support from others. Domestic change requires patience.



Gemini Partnerships should be handled with honesty and integrity. If someone shows signs of manipulative tendencies, you are best off making clear what you want and expect to see unfold.



Cancer Take care of your responsibilities. Don't leave a job that belongs to you in someone else's hands. Dedication and loyalty will be of utmost importance when it comes to partnerships.



Leo Participate, network and make connections that will help you reach your goal. You can bring about change that will enhance your life, but don't get involved in a venture you can't afford.



Virgo Keep your thoughts and opinions to yourself. If you are too open about your plans, you will invite opposition. Being well-prepared will prevent interference.



Libra Look for alternative ways to get what you want. Learn all you can and set up meetings with people who can offer you solutions to a problem you face.



Scorpio A unique lifestyle will suit your current situation. Not everyone will agree with the decisions you make, but you have to do whatever works best for you.



Sagittarius A gift or financial gain is heading your way. If someone owes you money or a favor, now is the time to collect. Don't let emotions dictate the level of your indulgence.



Capricorn Consider the pros and cons before making a change. You will discover a better way to get what you want if you are patient and wait for something better to come along.



Aquarius If you express your feelings and goals, you'll receive feedback that will help you get things moving along. Personal improvements and romance are favored.



Pisces Be careful what you share with a friend, peer or relative. Information can be easily misconstrued to suit someone else's needs. Avoid exaggeration as well as indulgent behavior. EUGENIA LAST

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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

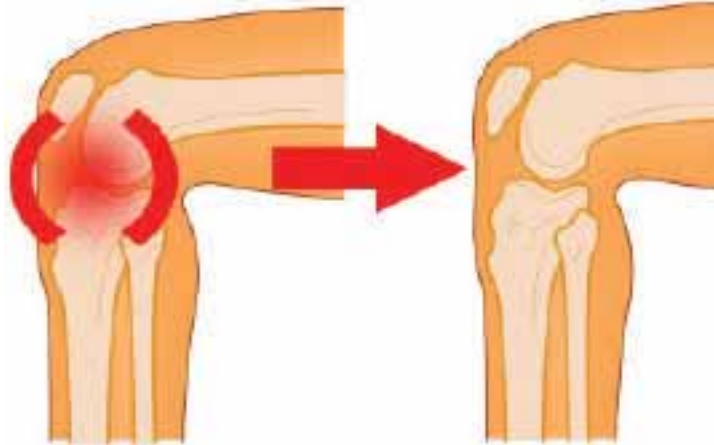
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com

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HEALTH



ALL PHOTOS ISTOCK

Everything you need to know about lung cancer

Why it's never too late to quit smoking.



ASK
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SINAI

According to the American Cancer Society, lung cancer is "the leading cause of cancer death among both men and women. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined." Lung Care Awareness Month is winding down, but the issue never stops being relevant. We talked to Dr. Nicholas Rohs, assistant professor of medicine, hematology and medical oncology

at the Icahn School of Medicine at Mount Sinai, for more information.

How common is lung cancer in the U.S.? Aside from skin cancer, lung cancer is the second most common cancer in both men and women, with an average age at diagnosis of 70. Over 13 percent of all new cancers are lung cancer, but sadly it accounts for more than 25 percent of all cancer-related deaths.

Fortunately, the number of new lung cancers has slowly been declining with decreasing rates of smoking.

Do you have to be a smoker to get it? Smoking is certainly the main risk factor for developing lung cancer, but up to 20 percent of people diagnosed with lung cancer are never or very light smokers. However, even a small amount of smoking can increase your lung cancer risk. Interest-

ingly, tripling the number of cigarettes you smoke per day can triple your risk for lung cancer, while tripling the amount of time you have smoked can increase your risk up to 100 times!

How common is it among non-smokers? The risk of getting lung cancer in non-smokers is significantly less than in smokers, but the only risk factor you need to develop lung cancer is lungs. Non-

smoking-related lung cancers are on the rise. People with suppressed immune systems such as those with HIV/AIDS and patients who have undergone organ transplants are three times more likely to develop a lung cancer. Other risk factors include environmental exposures such as radon, arsenic, or asbestos. You are also more likely to get lung cancer if a closely-related family member had lung cancer. **Can you get lung can-**

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cer from secondhand smoke?
Yes, unfortunately. Secondhand smoke can increase your risk of lung cancer by as much as 20 to 30 percent. Your risk increases the closer and more regular your exposure to secondhand smoke is.

Besides not smoking, what are other preventive steps you can take?

The best way to prevent most cancers is by maintaining a healthy lifestyle with a well-balanced diet, regular exercise and good control of any other medical conditions you may have. For patients who are already at increased risk of lung cancer, I strongly recommend lung cancer screening with a low-dose CT scan. This includes people between the ages of 55 and 80 who have smoked within the past 15 years and averaged at least 30 "pack years" of smoking. To calculate your "pack years," simply multiply your average packs of cigarettes smoked per day times the number of years you have smoked. Low-dose CT screening is a safe and effective way to diagnose lung cancer early and has shown in a recent study to decrease death from lung cancer by up to 26 percent in men and between 39 to 61 percent in women! I

encourage everyone at risk to learn more by asking their doctor.

If lung cancer is caught early, how is it treated? What is the prognosis?

Most early lung cancer is treated with surgery. If a tumor is large enough or has spread locally, then chemotherapy is often added either before or after surgery to increase cure rates. If



a patient is too frail or has other reasons not to have surgery, then radiation therapy is another good option for treating early-stage lung cancer. It is also sometimes combined with chemotherapy to increase cure rates. Prognosis depends on exactly what stage and sub-type of lung cancer you have, as well as your other medical issues, but while we continue to make improvements in cure rates for lung cancer, it continues to be a dangerous disease.

Are you ever "cured" of lung cancer? Is there such a thing as remission?

Absolutely. We are able to cure some lung cancers and we are working hard to increase the number we are able to cure. The earlier the stage of your disease, the more likely we are able to cure it. However, even the earliest stage of disease has a risk of returning. We follow patients for at least five years after treatment to monitor for any recurrence. We certainly see patients with long-term control of advanced disease that could be considered a remission and many of these patients continue to enjoy a great quality of life. With newer treatments such as targeted therapies and immunotherapies, we are increasing the chance of keeping the disease under control for longer.

Is it ever too late to quit smoking?

Never! Not only will quitting smoking decrease your risk of lung cancer, it will also decrease your risk of cardiovascular diseases such as heart attack and stroke, as well as save you a lot of money! There are many different resources available to help people quit smoking. Ask your doctor for ways they can help support you.

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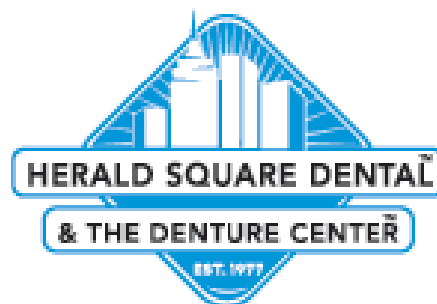
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Garden of seven continents

This free, living installation at Cadillac House is the winter escape you need.



EVA KIS
eva.kis@metro.us

Snow, hail, icy wind — if you're not into the realities of winter, there's a way to escape them all inside a pop-up indoor garden with plants from all seven continents that's totally free to visit.

"Summer in Winter" brings some of the biggest and brightest blooms of summer into a botanical garden inside the Gallery at Cadillac House in SoHo. A winding grassy path leads you through an enchanted

landscape where the fauna of 37 countries and all seven continents come together.

Among the highlights of the 1,000-square-foot garden are ferns from Australia, medicinal plants from the Amazon basin, succulents native to Southern Africa and flowering plants from the Caribbean. The mixing and matching of the world's plants celebrates diversity by giving all natural beauty the same importance.

"[Summer in Winter] is a reminder that even in our darkest season, our raw creativity can trump misplaced priorities,"



The "Summer in Winter" garden spans 1,000 square feet, all free to visit through Jan. 16, 2019.
ALL PHOTOS PLAMEN PETKOV



Lily Kwong.

according to curators Cecilia Dean and James Kaliardos at Visionaire. "Summer in Winter is a 1,000-square-foot environmental challenge against the urban status quo — an alternate reality where the dreamers win."

The garden of seven continents was created by landscape design firm Studio Lily Kwong

— you may remember her turning a section of the High Line into a floral hedge maze in (actual) Summer 2017. Kwong, who studied urban design at Columbia University, was also named one of Forbes' 30 Under 30 in 2018.

Though primarily a showroom for cars (plus a great little cafe), Cadillac House has become a

hub of fashion and art in the South Village, where previous installations have included an all-pink Japanese rock garden. Exhibits are always free.

"Summer in Winter" is open now through Jan. 16, 2019, Mon-Fri 8 a.m.-7 p.m. and Sat-Sun 10 a.m.-5 p.m. Cadillac House is located at 330 Hudson St.

Fall into a new you and get ready for the Holidays!

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Meet the Giving Machine

You can make Christmas brighter for families locally and abroad by buying a gift at these machines.



EVA KIS
eva.kis@metro.us

Making a difference in the life of someone in need this holiday season is as easy as swiping your credit card at a vending machine.

Starting today through the end of December, a group of local and international nonprofits have banded together to bring the spirit of giving to Lincoln Square by setting up charitable Giving Machines.

The idea is simple: Instead of junk food, these Giving Machines let you purchase various items that will be distributed by aid organizations this holiday season. Donations range from



The Giving Machines are located at 125 Columbus Ave. PROVIDED

simple things like socks or Christmas dinner for a needy local family to mosquito nets to fight malaria and a "school in a box" to provide education in developing countries. Items are priced from \$3 to \$250, so anyone can give whatever they can.

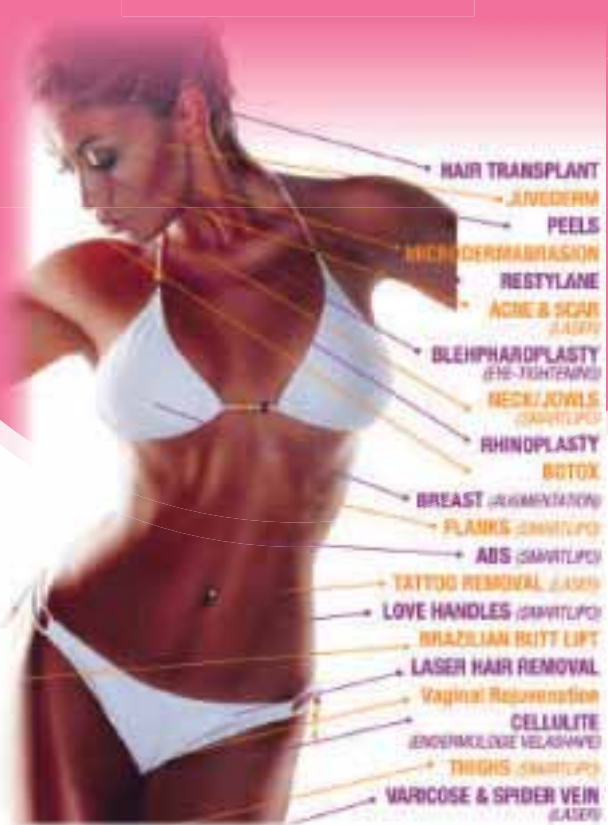
The Giving Machines were created by The Church of Jesus Christ of Latter-day Saints and are located in front of their Upper West Side temple at 125 Columbus Ave.

The Church is also covering all administrative fees, so 100 percent of do-

nations go to help people in need. Partner charities include the West Side Campaign Against Hunger, Art Start, UNICEF, Care.org and WaterAid.

"Our Giving Machines kick off Giving Tuesday as part of the #Light-TheWorld campaign, which celebrates the giving spirit of the Christmas season and models Jesus Christ's mandate to care for the poor, to give as He gave, one person at a time," says Elder David Buckner of the Church of Jesus Christ of Latter-day Saints for the New York region.

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'Adam Ruins Everything' episode on guns will 'piss people off'

We spoke with the show's host, Adam Conover, ahead of tonight's premiere.



PAT KING
patrick.king@metro.us

Adam Conover of the hit truTV show "Adam Ruins Everything" does not like to sugarcoat the truth. In fact, his show goes to great lengths to peel back the curtain on both sides of some of the most complex issues to help viewers think critically about the age-old rules we govern ourselves by. "Adam Ruins Everything" returns tonight for a fresh season of the balloon-deflating truth bombs that made him famous. We caught up with Conover to find out what truths he'll uncover this time around.

Was the title of your show, "Adam Ruins Everything," something that you would hear a lot growing up?
[Laughs.] No one said that exact phrase, but that was definitely a theme in my younger life. The heightened comedy version of myself that I play on the show is in many ways based on a younger version of me. I've always been a

very curious person. I've always collected information and have been an information sponge. I'm the sort of person who listens to podcasts in my car instead of the radio. I've read every issue of the New Yorker for the past 15 years. I'm just addicted to this kind of information. I would tell people what I had learned when it would come up and they were rarely happy about it. People would be eating something and I would say, "Did you know the horrible story behind that food? Did you know that by buying an avocado you are indirectly supporting Mexican drug cartels?" Stuff like that! People weren't usually



happy about learning that kind of thing, and they would really roll their eyes.

I started doing this information onstage

when I was a comedian. When you're a comedian, it becomes easier to make people laugh and it becomes harder to make people care about what you have to say. When I started doing it in my stand-up, I found out that people started to lean forward and listen to what I was saying. I was a writer at College Humor at the time. I put that into one of the sketches that I wrote with our original topic of diamond engagement rings. Because I had been so used to people being annoyed with me, I just wrote the other writers into the sketch being annoyed with me in the sketch. So I could head off any complaints in the writer's room of them saying that I was being pedantic. That ended up being the comedy engine for the whole series. It's sort of a way of turning a negative quality about myself into a positive.

Isn't it funny that that kind of know-it-all attitude is normally looked at in a negative light, when in actuality you are just enriching people's lives with new information?

Well, it's socially rude, right? Even if you are correct, it's socially rude. So that's the mistake that Adam the "character" makes, that he



ALL PHOTOS
GETTY IMAGES

commits a social error even though he's correct on the merit.

Do people paint you as a pessimist for always wanting to uncover the painful truth?

No, actually! The show is ultimately very positive and my outlook is ultimately one of optimism. I have flights of pessimism just as much as anyone else. The thesis for the show is really that learning more empowers you. Learning more enables you to dive deeper and change your own behavior in order to increase your power and advocacy in the world. That's the way I've always felt. "It's always better to know" is one of our catchphrases on the show. That's the ultimate thing about the show that makes me optimistic. The sort of comedy about the show and their superficial thesis of the show is that it's uncomfortable and that it sucks to learn. At the end of the day, that's really just a joke. People actually enjoy learning. The success of our show proves that. People want to learn new things if you can give them the in-

formation in a way that's fun and accessible and respectful of their time and their intelligence.

"Learning more enables you to dive deeper and change your own behavior in order to increase your power and advocacy in the world."

What are some subjects that will be brought up on the show this year?
Our season premiere is about guns, which is a topic that I had previously sworn that we would never do. Because I felt that people's minds were too made up on the issue. We do a show on common misconceptions and we do a show that explicitly tries to change people's minds. I felt

that if we do an episode about guns, everyone in the country is going to say, "You better say what I want you to say and as soon as you don't, I'm changing the channel." Everyone immediately armors up as soon as the conversation starts. It's very hard to make any headway in it. We've been doing the show long enough — this is our fourth year — and we have learned how to use our tools well enough that this is a topic that we feel we can do good [on]. We talk about everybody's misconceptions about guns. I don't like framing it as two sides because that's often a false choice. I'm not going to say that it's a show that people "from both sides" can learn from, but I am going to say that it is a show that everyone in the country is going to be challenged by in some parts and hopefully have their mind expanded about the issue in what we hope are some productive ways. It's also going to piss a LOT of people off!

"Adam Ruins Everything" premieres tonight at 10 p.m. on truTV.

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Goatface hopes to do more after its first Comedy Central special

Aristotle Athiras, Asif Ali and Fahim Anwar talk about working with Hasan Minhaj and what comes next.



ANDREW HUSBAND
letters@metro.us

By now, everyone with a Netflix subscription or at least some working knowledge of stand-up comedy knows who Hasan Minhaj is. The former "Daily Show" correspondent released one of 2017's most acclaimed comedy specials with "Homecoming King," and now he's releasing new episodes of "Patriot Act" every week. Yet before all of this came about, he created sketches with fellow comics Aristotle Athiras, Asif Ali and Fahim Anwar in the group Goatface.

On Tuesday, the four friends will reunite for "Goatface: A Comedy Special" on Comedy Central, which sees the former YouTubers making their television debut. While this all might seem new to general audiences, the troupe has been working together off and on since 2011. And as Athiras, Ali and Anwar explained in a recent interview with Metro, they won't be stopping anytime soon — no matter how busy everyone gets.

"We're very excited about where this is going to go," says Ali, who adds that they're especially "interested in seeing how the public reacts to" Tuesday's special.

"It will be nice to get some fresh eyes on it, too, because we're so close to it," notes Anwar. "It's hard to laugh

after saying the same thing 100 times, so it'll be really cool to see it for the first time in other people's eyes."

Now that their first comedy special is locked, the guys also know which unused sketches or ideas they've been sitting on can be used for whatever comes next. Of course, that doesn't mean they're going to spoil anything before that happens.

"There are a lot of ideas that, for whatever reason, we couldn't do," says Ali. "There's one that I really love, but it ended up being so expensive. Too expensive, in fact. These are things that you don't really think about when you're just making YouTube videos with your buddies."

"When you're just bound by your imagination and whatever you can think of, it's not until someone else gets involved and says, 'You can't do that' because it would require a five-day shoot," adds Anwar, who can't stop himself from laughing.

Ali and Athiras can't stop laughing, either, which quickly turns the interview's closing moments into a series of riffs.

"They'd look at us like we're psychos and say, 'What do you think we are? The people that made 'Avatar'? We can't make this with the budget we've allotted for you!'" jokes Athiras, who also directed the special. "The cool thing, though, is we have a lot of ideas already banked and ready to go for something else. So if and when they're ready for another special, we'll be ready to go, too."

"Goatface" premieres tonight at 10 p.m. on Comedy Central.



The "Goatface" special premieres on Comedy Central tonight. ROB KIM / GETTY IMAGES / COMEDY CENTRAL



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BETPAT SHURMUR SHOULD BE
FIRED AFTER WEEK 12 DEBACLE

OPINION

JOE
PANTORNO
@JoePantorno

New York Giants management's leash on first-year head coach Pat Shurmur should not be that long, especially after Sunday's abysmal 22-25 loss to the Philadelphia Eagles in Week 12.

After jumping out to a 16-point lead at 19-3, the Giants collapsed at the very end of the first half, which avalanched to a miserable final two quarters where Shurmur could not do a thing right.

Actually, it looked like he was attempting to make the wrong decisions with every offensive play call.

Shurmur's questionable second half was highlighted by his unreasonable decision to cut star rookie running back Saquon Barkley out of the playbook.

After he ripped apart the Eagles in the first half for 127 total yards

(94 rushing, 33 receiving) and a touchdown on 15 touches, Shurmur called Barkley's number just five times in the final 30 minutes.

If the head coach's decision-making wasn't bad enough, his excuse for basically leaving Barkley out of the second half was even more pathetic, stating that he wanted to "spell him a little bit."

What a ridiculous answer and an insult to Giants fans everywhere.

There were only two acceptable reasons as to why Shurmur possibly could have limited Barkley that much in Week 12:

1) Barkley was injured and the Giants are hiding it.

2) The Giants are tanking.

Option No. 2 seems far more likely because Shurmur basically curled his offense into a conservative shell down the stretch and allowed the Eagles to gain all the momentum needed to score 25 of the game's final 28 points.

The passing game, which carved up an injury-riddled Eagles secondary for 236 yards in the



New York Giants head coach Pat Shurmur gave away a win on Sunday against the Eagles. GETTY IMAGES

first half, picked up just 66 more yards in the second. Veteran quarterback Eli Manning, who should be blamed for a bad interception at the end of the first half near the red zone, attempted just 12 passes compared to 25 in the opening two quarters.

Wide receivers Odell Beckham Jr. — who doesn't need to be prompted for comments — and Sterling Shepard had no problem pointing the finger at the inept coaching.

"Honestly, that's a question for the coach," Beckham said. "I don't call

the plays. I just do what I'm told to do."

"You can go back and watch the film as well, can't you?" Shepard asked. "Tell me what you see."

It's been 11 games and it looks like Shurmur is already losing his locker room, which is a recipe for disaster regardless of record.

For first-year general manager Dave Gettleman, Sunday's disaster in Philadelphia should be all the evidence needed that Shurmur is not the right coach to help the Giants' turnaround. This is a front

office member who came in claiming that the Giants are in a "win now" mode. Now facing a 3-8 record, Gettleman has to step in quickly and get things right if he wants to hold on to his job as well.

While he will be searching for upgrades on the field this offseason, he might want to take a moment and evaluate what kind of head coach he has leading the team. After all, a coach who displayed that kind of decision-making on Sunday probably shouldn't be leading a storied organization like the Giants for long.

Fizdale, Mudiay a perfect pair of misfits for Knicks

The New York Knicks knew they were getting a player's coach in David Fizdale upon hiring him during the offseason. Now, they're seeing it all up close.

The first-year head coach has his hands full with a rebuilding franchise that has been mired in mediocrity for the better part of the past two decades. It doesn't mean his players aren't ready to run through walls for him.

Just take a look at point guard Emmanuel Mudiay, who has plenty in common with his head coach.

Like Fizdale being axed in Memphis when he had a row with star big man Marc Gasol last year, Mudiay was shipped to New York by the Denver Nuggets as he was written off as a bust after being selected seventh overall in the 2015



David Fizdale (left) with Emmanuel Mudiay (right). GETTY IMAGES

NBA Draft.

The 22-year-old's development quickly became a priority of Fizdale, who promised Mudiay in his introductory press conference that "we'll get you right."

As the two continue to find their footing at Madison Square Garden, things have certainly been looking up for

them as of late.

Mudiay has earned the starting point-guard role over Trey Burke and Frank Ntilikina, getting the nod from Fizdale on Nov. 14. Over those seven games, he's been playing some of the best basketball of his young career, averaging 14.7 points per game while shooting 52.1 percent from the

field.

The latter figure provides a dramatic increase from what has been seen over his first three years in the league, as he shot just 37.4 percent during that span. The lack of consistency was the biggest hole in Mudiay's game and one of the biggest reasons why the Nuggets dealt him to the Knicks back in February.

In 14 games this season, he's shooting at a 49.2 percent clip. The Fizdale effect is clearly working.

Meanwhile, Mudiay has become one of Fizdale's biggest cheerleaders during his start on the Knicks bench.

As Fizdale faced off against his former team, the Grizzlies, on Sunday, Mudiay was ready to do whatever it took to get his coach a win.

"I know I took it personal," Mudiay told the

New York Daily News, of the way the Grizzlies treated Fizdale last year. "Actually, all of us took it personal. We wanted to come out here and get a win for him."

Mudiay did his part, scoring 17 points with three assists, including a monster dunk with 1:35 left to play to help seal a Knicks 103-98 victory.

His performance for Fizdale and the suddenly-streaking Knicks — they've won three straight — has shown just how far the right relationship between a player and coach can go.

"He has my total confidence," Fizdale told the New York Post. "It wasn't a lot of stuff we had to tinker with in his game — maybe his [perimeter] shot a little bit — but it was his spirit. I'm proud of the way he's leading the first group."

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Mariners pushing Robinson Cano trade on both Mets and Yankees

The Mariners are looking to deal the former All-Star second baseman and Yankee back to his old hometown.



JOE PANTORNO
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As the Seattle Mariners continue their offseason of change under general manager Jerry Dipoto, the possible end of Robinson Cano's tenure in the Pacific Northwest has seemingly begun.

The eight-time All-Star has become a burden on the Mariners' books as he enters his 15th MLB season.

At age 36, Cano is coming off a 2018 campaign in which he missed 80 games for violating Major League Baseball's drug policy, though he still batted .303 with 10 home runs and 50 RBI in just 310 at-bats.

The aging star's production would likely be welcomed back in Seattle if it wasn't for his albatross of a deal. Cano is signed through the 2023 season for \$120 million.

After trading away star pitcher James Paxton and starting pitcher



The Seattle Mariners are searching for trade partners involving Robinson Cano and have reached out to both the New York Mets and Yankees this offseason. GETTY IMAGES

er Mike Zunino, the Mariners don't look poised to mount much of a challenge in the AL West, which is still likely to be dominated by the Houston Astros for the foreseeable future. It makes Cano's contract an expendable one in order to free up some space to rebuild the team on more of a budget.

Dipoto looks to be plenty aggressive in try-

ing to unload the second baseman's contract as the Athletic's Ken Rosenthal reported on Monday morning that the Mariners have reached out to both the New York Mets and Yankees to try and work out a deal for Cano.

At least for now, it doesn't look like anything significant will come out of Dipoto's efforts.

The Yankees coun-

tered by offering up a big contract of their own in return: veteran outfielder Jacob Ellsbury, in a swap, per Rosenthal. They were also looking for "significant" cash to pay down Cano's deal.

Cano, who had spent nine seasons with the Yankees before signing a massive 10-year deal with the Mariners in 2014, would likely be seen as a first-base

option more than anything in the Yankees' plans, considering Gleyber Torres is the second baseman of the future. The Yankees have been linked with the likes of Bryce Harper and Paul Goldschmidt to take over at first base this winter.

As for the Mets, it would be a puzzling move by new general manager Brodie Van Wagenen to take on a

big-time contract in the twilight of his career. The Mets already have some promising younger players who will make a strong push to start come next season. Second baseman Jeff McNeil was the team's best hitter during the second half of the season, while first base prospect Peter Alonso is set to battle for starting duties after a monster 2018 down in the minors.

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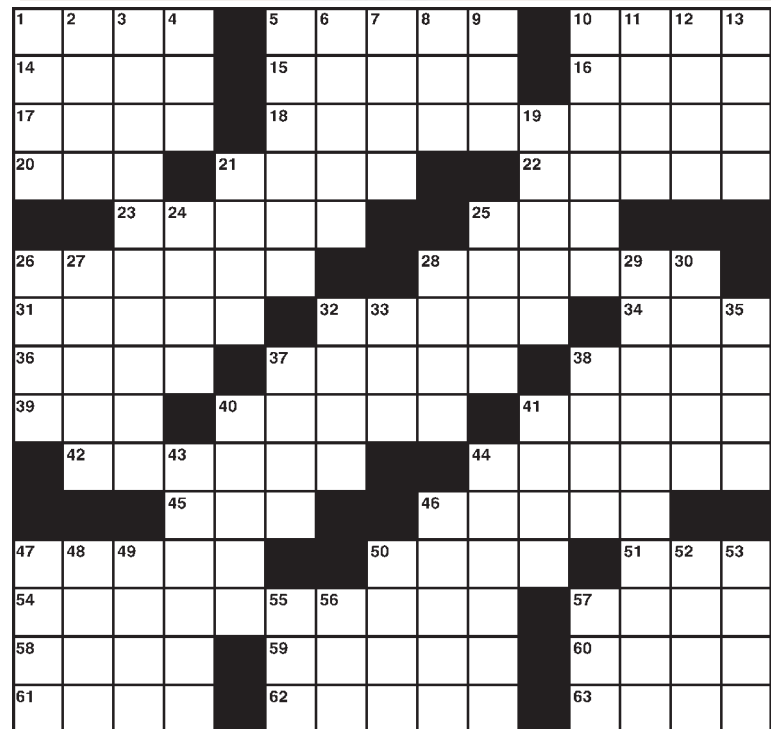
ACROSS

- 1 In case
5 Celebrities
10 Glasgow native
14 "___ in Love with Amy"
15 Reservation dwelling
16 O, in tennis
17 Eager
18 Analyzes again
20 Coloring agent
21 Tie up
22 Chris with a racket
23 Penniless
25 Ike's monogram
26 Word attached to snake or trap
28 William Randolph or Patty
31 King's decree
32 Courtroom event
34 Wheel center
36 Piece of china
37 Britain's dollar
38 Vagabond
39 Police officer's title: abbr.
40 Hog's noise
41 Actress Greta
42 Unethical moneylender

- 44 One who dies for his beliefs
45 Sunbeam
46 Actress Delta
47 Egyptian dam
50 Belgrade native
51 Org. for Patriots & Packers
54 Hanging light
57 Michelin product
58 Bean curd
59 Baseball's Yogi
60 Singles
61 ___ up; arranges
62 Domineering
63 Grows old

DOWN

- 1 Burden carried
2 1 of 7 Deadly Sins
3 Botanists & biologists
4 Turner or Allen
5 Take long steps
6 Very small
7 Mocked
8 Harrison or Linn
9 Baltic or Bering
10 Dieter's piece of pie
11 Megaphone's shape
12 Finished
13 Quiz
19 Olympics prize
21 Hit hard
24 Carve in glass
25 No longer with us
26 Actor Foxx
27 "Bye, Jacques!"
28 Helpful tip
29 Crisco product
30 Rather fat
32 Sightseeing trip
33 Trot
35 Rude slob
37 ___ on; victimize
38 "___! The Herald Angels Sing"
40 \$1,000
41 Attire
43 One of the planets
44 Singer Anne ___
46 Frothy drinks
47 ___ of the Apostles; biblical book
48 Boot or bootee
49 Float on the breeze
50 Letter opener
52 Liberate
53 Suffix for fear or care
55 Flow back
56 Zodiac sign
57 ___ T; exactly

Powered by
Arkadium

BY TCA

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Axis
Experience
Fender
Fire
Guitar

Haze
Hendrix
Hey Joe
Jimi
Mary

Purple
Red House
Rock
Wind
Woodstock

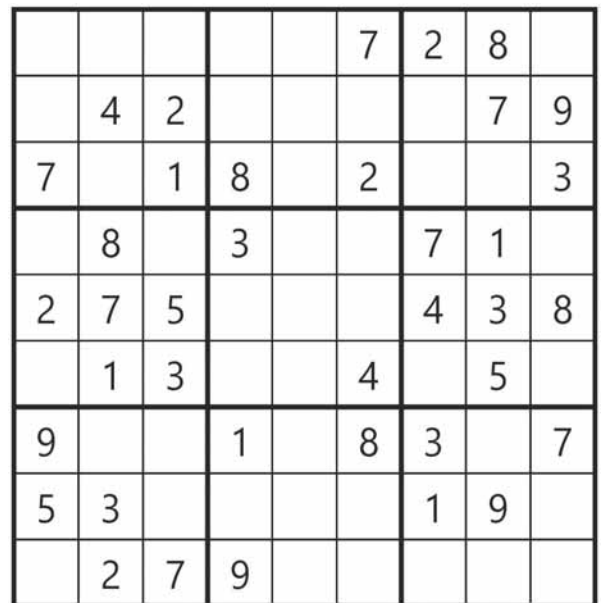
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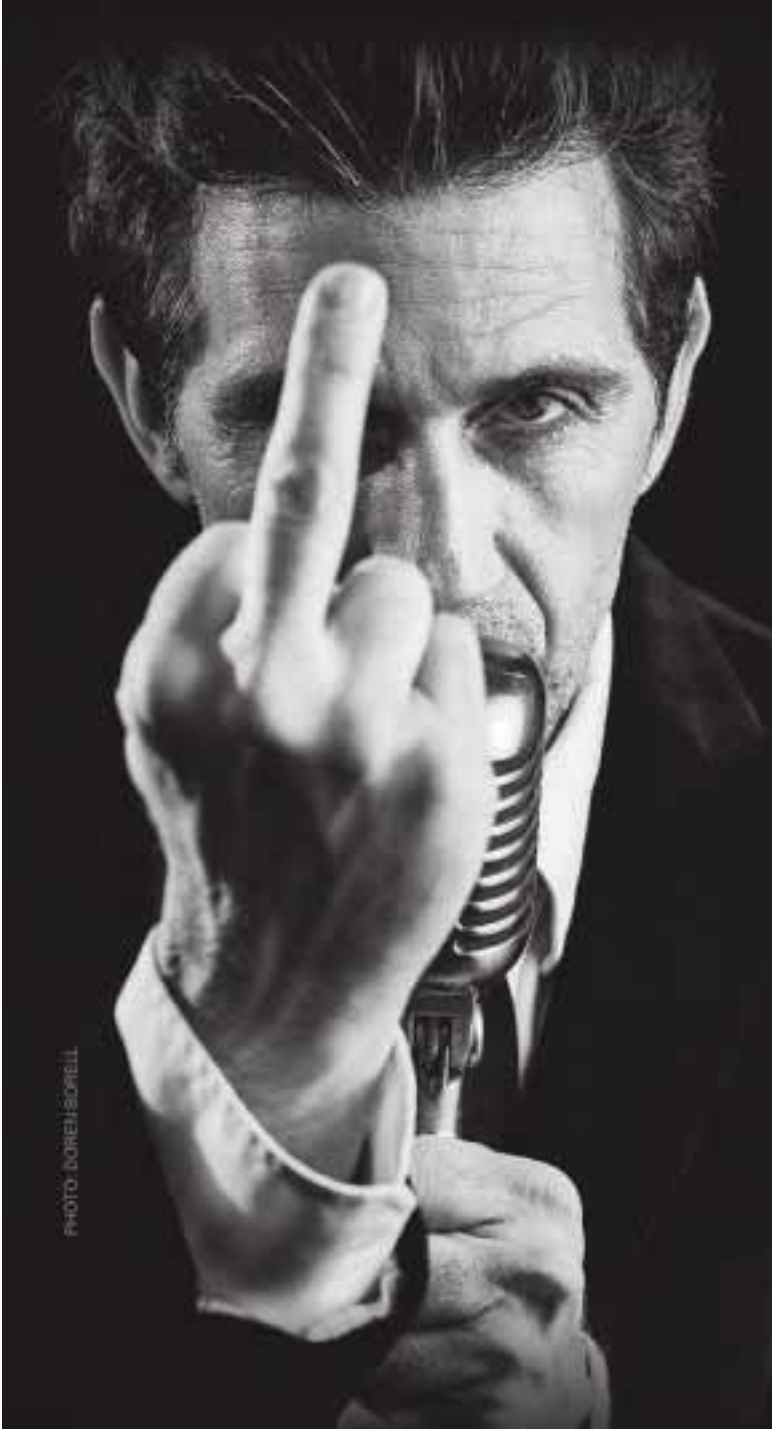
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